

ALCOHOL POD NOTES:

DAPA NOTE: Did you know that 21-34 year old drinking drivers comprise approximately half of all the drunk drivers involved in alcohol-related fatal crashes?

- Are responsible for more alcohol-related fatal crashes than any other age group.
- Are more likely than any other age group to have been intoxicated at the time of the crash.
- Have the highest blood alcohol concentrations (BACs) in fatal crashes.
- Are about twice as likely as other drivers to have experienced a prior crash.
- Are four times more likely to have had their licenses suspended or revoked.
- Are most resistant to changing their drinking and driving behavior.
- Posthumous testing reveals these drivers to have consumed almost twice the alcohol needed to reach the legal limit for intoxication.

For information on the Navy's drug and alcohol policies and programs, contact your Command DAPA.

ALCOHOL-AWARE: A 4-hour command level course that includes basic information about alcohol use and associated risks, Navy policies, responsible drinking and alternatives. In addition to being a requirement for all personnel, AWARE is a command tool that can be used in a variety of ways. It is targeted at the E1-E4 and O1-O3 population.

ALCOHOL-AWARE: All Navy personnel shall complete the AWARE course within 2 years of completion of recruit training or other accession point entry. Course completion shall be documented as a page 4 entry. Additionally, commands are encouraged to document a page 13 entry as evidence of the fact that the member has been made aware of the risks of alcohol misuse and the command policy. Commands are strongly encouraged to use AWARE, in whole or in part, as part of their indoctrination program, as refresher education, as part of alcohol abuse stand downs, or in any manner that best suits the command's alcohol abuse prevention and de-glamorization efforts.

RISKS OF ALCOHOL USE:

- Alcoholic beverages along with cigarette smoking, using snuff and chewing tobacco causes cancers of the oral cavity, esophagus and larynx.
- Risk of cancer increases with the amount of alcohol consumed and may start to rise with the intake of as few as two drinks per day.

BLACKOUTS: Blackouts are a person's inability to remember what happened during or immediately after a drinking episode, that is, short term amnesia.

- Individuals experiencing blackouts appear to others to be functioning (although they are impaired).
- A blackout is not the same as "passing out".
- A problem drinker may accept blackouts as part of the process of drinking.
- Others are usually frightened by the experience and usually cut down or cut out drinking all together.

DAPA NOTE: What is Alcoholism? In 1972, the Navy recognized Alcoholism as a Treatable, Preventable disease. The Navy defines alcoholism as a chronic progressive disease in which the individual is addicted to alcohol. Drinking and symptoms grow worse over time (same as alcohol dependence). For US Navy purposes, the term "alcohol dependence" is used in lieu of alcoholism.

DAPA NOTE: The Secretary of the Navy has determined any substantiated drunk driving (i.e. DUI/DWI) offense when found guilty to be a substantial failure in judgment, behavior and leadership. Such a lack of personal responsibility and general disregard for the safety of one's self and the public is incompatible with the high standard of conduct and behavior expected of member of the Naval service. OPNAVINST 5350.4C.

DAPA NOTE: Women's risk of developing breast cancer increases with the intake of just a few drinks per week. The association may be due to the carcinogenic actions of alcohol or its metabolites, to alcohol-

included changes in levels of hormones such as estrogen. Approximately 10-35% of heavy drinkers develop alcohol hepatitis and 10-20% develops cirrhosis. Approximately 10,000 to 24,000 deaths from cirrhosis may be attributed to alcohol consumption each year.

DAPA NOTE: Young men who need to drink more than others to “get a buzz” face a higher risk of alcoholism as they approach their 30’s. A study of 450 men also confirmed observations that alcoholism runs in families. Men with alcoholic fathers were nearly three times more likely to become alcohol-dependant than men whose fathers weren’t alcoholics.

DAPA NOTE: Can I be charged with Sexual Assault or Rape if I’m drunk? The answer is yes, alcohol intoxication cannot be used as a defense. Alcohol impairs judgment and lowers inhibitions making some people more likely to commit rape or sexual assault. Alcohol is also a substance that is used to facilitate rapes or sexual assaults just like “roofies” or GHB. If someone is passed out then they cannot give consent, which means don’t do something you’ll regret later. Be responsible; don’t let yourself get intoxicated to the point where you find yourself in this type of situation, think before you drink!

DAPA NOTE: What is alcohol? Alcohol is a depressant that affects the central nervous system and a substance that the body can develop a tolerance and dependency for. A standard drink is considered one 12-ounce beer, one 5-ounce glass of wine, or one 1½-ounce shot glass of liquor. Everyone metabolizes alcohol at different rates. Example: An average 140-pound person would have a BAC of .09% after having only three drinks, a DUI if you were to get behind a wheel of a vehicle. If you drink, remember that the best advice is to know your limits and drink responsibly and if you drive...DON'T DRINK!

DAPA NOTE: The mission of the Right Spirit Campaign is alcohol abuse prevention. The “Right Spirit Campaign” was approved by the SECNAV in December 1995 and relies on “responsible use” not abstinence. This campaign focuses on prevention education, deglamorization of alcohol use, alternatives to drinking, and clear and enforceable policy guidance. The campaign stresses responsibility at all levels- leadership, command, shipmate, and individual. The “Right Spirit” is not about prohibition but about lawful and responsible alcohol use for those who choose to drink.